



Fit Tips:

Keeping Your New Year's Fitness Resolutions

With the New Year, comes new resolutions. Here are a few tips to help you avoid falling short of your New Year's fitness resolutions.

- ♦ **Choose obtainable goals.** Make realistic goals for yourself and avoid goals that are too specific. Instead, make goals that are generalized to changes in your behavior. For example, don't set a goal to lose 30 pounds, instead, set a goal to eat healthier and to increase physical activity. Also, avoid making too many promises and spreading yourself thin.
- ♦ **Create a game plan.** Writing down your plan and the specifics on how you intend to accomplish your goal will help you be successful.
- ♦ **Break it down to smaller milestones.** Instead of one large, daunting goal, make smaller, more easily attainable milestones. Hopefully, as you string together these accomplishments throughout the year, they will eventually lead to attaining your overall goal. For example, if your goal is to run a half-marathon, start with shorter races like a 5k and advance to longer races.
- ♦ **Don't do it alone.** Have a friend, family member, or coworker join you on your fitness journey. Hold each other accountable and encourage each other along the way!
- ♦ **Get professional assistance if needed.** Don't be afraid to ask for help. Research shows those that seek the help of a fitness professional have improved success rates.